



UDARABALI
YOGA DETOX SPA



Sample Schedule 28 Days New Life Transformation

WEEK 1							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6:45 AM				6.45am Morning Meditation			6.45am Morning Meditation
7:15 AM		Get your coconut		Get your coconut		Get your coconut	Get your coconut
7:30 AM		Detox Breakfast	Get your coconut	7.30am Aerial Yoga	Get your coconut	7.30am Enema (4)	7.30am Enema (5)
8:30 AM			8.30am Enema Intro		Detox Breakfast		Detox Breakfast
9:00 AM		9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Celebration of Life)		Detox Breakfast	9am Aerial Yoga or Vinyasa	Detox Breakfast	9am Vinyasa Breathwork
9:30 AM			Detox Breakfast	9.30am Enema (2)			
10:30 AM			10.30am Hatha			10.30am Quantum Breathwork	10.30am Qi Gong
11:00 AM				Sauna / Steam Room			
12:00 PM			Sauna / Steam Room		12pm Enema (3)	Detox Lunch	Sauna / Steam Room
1:00 PM			Detox Lunch	Detox Lunch	Detox Lunch		Detox Lunch
2:00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop	2pm Reiki	2pm Balinese Massage	2pm Nutritional Consultation
3:00 PM	3pm Opening Circle and Introduction & Green Break Juice	Sauna / Steam Room					Sauna / Steam Room
3:45 PM		Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice
4:00 PM		3.30pm Balinese Massage	4pm Pilates	4pm Water Yoga or Aerial Yoga	4pm Happy Healing Flow	4pm Hatha Yoga	4pm Lymphatic Massage
5:30 PM							
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	6pm Crown Chakra Treatment	6pm Celestial Sunset	5.30pm 90min Hyperbaric Oxygen Chamber	5.30 pm Aerial Yoga
7:00 PM							
7:30 PM	Light Welcome Dinner	Detox Dinner	Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner
8:00 PM	Sauna / Steam Room		Sauna / Steam Room	Sauna / Steam Room	Detox Dinner	Sauna / Steam Room	

WEEK 2								
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
6:45 AM				6.45am Morning Meditation			6.45am Morning Meditation	
7:15 AM	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	
7:30 AM	Detox Breakfast	Detox Breakfast	7.30am Aerial Yoga	7.30am Aerial Yoga	7.30am Aerial Yoga	7.45am Vocal Healing		
8:30 AM							Detox Breakfast	
9:00 AM	9am Vinyasa	9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	Sauna / Steam Room	
9:30 AM					Excursion to sacred Water Temple (Detox Lunch take away)			
10:30 AM				Sauna / Steam Room		Sauna / Steam Room	10.30am Quantum Breathwork	10am Sound Healing Journey
11:00 AM			11am Colonic Hydrotherapy					
12:00 PM			12pm Enema (6)	12.00pm Enema (7)		12.00pm Enema (8)	12.00pm Enema (9)	
1:00 PM	Detox Lunch		Detox Lunch	Detox Lunch		Detox Lunch	Detox Lunch	
2:00 PM	2pm Balinese Massage	Detox Lunch	2pm Foot Massage	2.00-3.30pm 90min Hyperbaric Oxygen Chamber		2pm Lymphatic Massage		
3:00 PM		Sauna / Steam Room						
3:45 PM	Green Break Juice	Green Break Juice	Green Break Juice			Green Break Juice	Green Break Juice	
4:00 PM	4pm Gentle Flow	4pm Gentle Flow	4pm Pilates	Green Break Juice		4pm Hatha Yoga	4pm Water Yoga	
5:30 PM				5.30pm Aerial Yoga			5.30 pm Aerial Yoga	
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound		6pm Balinese Massage	6pm Yin Yoga & Sound		
7:00 PM				Detox Dinner	Detox Dinner		Detox Dinner	
7:30 PM	Detox Dinner	Detox Dinner	Detox Dinner			Detox Dinner		
8:00 PM	Sauna / Steam Room			Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	

WEEK 3							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
6:45 AM				6.45am Morning Meditation			6.45am Morning Meditation
7:15 AM	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut
7:30 AM		Detox Breakfast	7.30am Enema (10)	7.30am Aerial Yoga	7.45am Vocal Healing	7.30am Aerial Yoga	9.30am Enema (13)
8:30 AM	Detox Breakfast		Detox Breakfast				Detox Breakfast
9:00 AM	9.00am Aerial or Vinyasa Yoga	9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)	9am Aeria or Vinyasa Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	9am Gentle Flow or Aerial Yoga
9:30 AM				9.30am Enema (11)			
10:30 AM			10.30am-12pm 90min Hyperbaric Oxygen Chamber	10.30am Qi Gong	10.30 Gentle Flow	10.30am Quantum Breathwork	11am Priate Water Massage Treatment
11:00 AM	11am Colonic Hydrotherapy					12 pm Enema (12)	Detox Lunch
12:00 PM			Detox Lunch	Detox Lunch	12pm Sound Healing Journey	Detox Lunch	1pm Aerial Yin
1:00 PM	Detox Lunch						
2:00 PM	2pm Private Sound healing	Detox Lunch	2pm Balinese Massage	2pm Lymphatic Massage	Detox Lunch	Visit to traditional Balinese Healer	
3:00 PM							
3:45 PM	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice		Green Break Juice
4:00 PM	4pm Gentle Flow	4pm Balinese Boreh (scrub)	Sauna / Steam Room	4 pm Aerial Yoga	4pm Happy Healing Flow		4pm Hatha or Water Yoga
5:30 PM		Sauna / Steam Room					
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	Sauna / Steam Room	6pm Balinese Massage		Sauna / Steam Room
7:00 PM				Detox Dinner			
7:30 PM		Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner	Detox Dinner
8:00 PM	Detox Dinner				Sauna / Steam Room	Sauna / Steam Room	

WEEK 4							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
6:45 AM				6.45am Morning Meditation			
7:15 AM	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut
7:30 AM		Detox Breakfast	7.30am Enema (14)	7.30am Aerial Yoga	7.45am Vocal Healing	7.30 am Aerial Yoga	7.30 am Aerial Yoga
8:30 AM	Detox Breakfast		Detox Breakfast				
9:00 AM	9.00am Aerial Yoga	9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)	9am Aerial or Vinyasa Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast
9:30 AM				9.30am Enema (15)		9.30am Enema (16)	
10:30 AM			Sauna / Steam Room	10.30am Qi Gong	10.30 Gentle Flow	10.30am Quantum Breathwork	11.00 am Closing Circle
11:00 AM	11am Colonic Hydrotherapy			12pm Balinese Massage	12pm Nutrition and Lifestyle Talk	12pm Colonic Hydrotherapy	
12:00 PM	Detox Lunch			Detox Lunch	Detox Lunch	Detox Lunch	Break the Fast Plate & Check-out
1:00 PM							
2:00 PM	2pm Private Water Healing	Detox Lunch		2.30 pm Myofascial Release & Yin	2.30pm Water Yoga	2pm Balinese Massage	
3:00 PM			3pm Sound Healing Journey				
3:45 PM	Green Break Juice	Green Break Juice		Green Break Juice	Green Break Juice	Green Break Juice	
4:00 PM	4pm Gentle Flow	4pm Balinese Lulur (scrub)		Sauna / Steam Room	Excursion to Tanah Lot Temple	Sauna / Steam Room	
5:30 PM		Sauna / Steam Room	Green Break Juice	5.30pm Aerial Yoga		5.30pm 90min Hyperbaric Oxygen Chamber	
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	Detox Dinner	Detox Dinner		
7:00 PM							
7:30 PM		Detox Dinner	Detox Dinner			Detox Dinner	
8:00 PM	Detox Dinner			Sauna / Steam Room			
Free access to Sauna and Steam Room, Warm Pool, Jacuzzi, Ice Bath Room, Meditation Cave, Udara Sunday Festival, Sound Healing Ceremonies, Celestial Sound Healing Concert, Bicycles to explore the local area							

Note: This is a sample schedule. Individual timings might be different during your program